



**PROFESSIONAL PROFILE**  
**ANNE MARIE BUDD – *Massage-Mind/Body Therapist***

Anne Marie Budd has been involved with Massage Therapy for over 20 years and has integrated this modality with Mind Body Medicine - Flower Essence Therapy.

Anne Marie has a Diploma of Mind-Body Medicine and Holistic Counselling from the Living Flower Essence Academy of Australia, Joondalup and is currently working towards her Advanced Diploma. Anne Marie holds a Certificate in Swedish Massage from Perth Academy of Natural Therapies, Bentley along with a Certificate in Trigger Point Therapy. She also holds a Certificate IV in Workplace Assessment & Training.

Perth Integrated Health Clinic is one of the first professional clinics in Perth to offer both the benefits of Massage Therapy combined with Mind-Body Medicine – Flower Essence Therapy to give your physical and emotional body a more complete and fulfilling treatment.

In today's busy and demanding world, Massage, Mind-Body Therapy has become a necessity rather than a luxury. Our tired, overworked mind and bodies need time to unwind and be treated with a caring and professional manner allowing relaxation, rejuvenation and relief from pain.

**Massage**

Massage is an age old therapy dating back to 2,700 BC, where it was widely used in China. The Egyptians have recorded it in their tomb paintings, and Greek and Roman physicians used massage as the principle method for relieving pain and improving circulation and relaxation.

Today massage can benefit many physical and emotional conditions, using hands-on techniques to move muscle and connective tissue. This benefits the circulatory system and improves the efficiency of the flow of lymph, helping the body to eliminate the build up of toxins and reduce swelling. It also benefits the body with improved relaxation and flexibility. Massage will stimulate or soothe nerves. Regular massage will promote a deeper sense of well being for tired and fatigued muscles and mind.

Unit 12, 8 Booth Place  
Balcatta (via Erindale Road)  
Tel: 9240 5266 Fax: 9240 1522

Melville Aquatic Fitness Centre  
Marmion St, Booragoon  
Tel: 9364 8626 Fax: 9316 3904

Email: [appointments@pihc.com.au](mailto:appointments@pihc.com.au)  
Mailing Address: P.O Box 1574, Applecross, 6953  
ABN: 73 069 383 900  
ACN: 069 383 900



Who would benefit from Massage, Mind Body Therapy

- \* People of all age groups
- \* People who need relaxation
- \* Anyone who needs relief from aching, tired or fatigued muscles
- \* People with conditions such as osteoarthritis, back pain, nerve damage, fibromyalgia
- \* Those who are working and caring for others
- \* Anyone who plays sport

According to [www.holistic-online.com](http://www.holistic-online.com) - Research has verified that:

Office workers massaged regularly were more alert, performed better and were less stressed than those who weren't massaged.

Massage therapy decreased the effects of anxiety, tension, depression, pain, and itching in burn patients.

Abdominal surgery patients recovered more quickly after massage.

Premature infants who were massaged gained more weight and fared better than those who weren't.

Autistic children showed less erratic behaviour after massage therapy.

**Physical Benefits of Therapeutic Massage**

- Helps relieve stress and aids relaxation
- Helps relieve muscle tension and stiffness
- Alleviates discomfort during pregnancy
- Fosters faster healing of strained muscles and sprained ligaments; reduces pain and swelling; reduces formation of excessive scar tissue
- Reduces muscle spasms
- Provides greater joint flexibility and range of motion
- Enhances athletic performance; Treats injuries caused during sport or work
- Promotes deeper and easier breathing
- Improves circulation of blood and movement of lymph fluids
- Reduces blood pressure
- Helps relieve tension-related headaches and effects of eye-strain
- Enhances the health and nourishment of skin
- Improves posture
- Strengthens the immune system
- Treats musculoskeletal problems
- Rehabilitation post operative
- Rehabilitation after injury

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## Mental Benefits of Massage Therapy

- Fosters peace of mind
- Promotes a relaxed state of mental alertness
- Helps relieve mental stress
- Improves ability to monitor stress signals and respond appropriately
- Enhances capacity for calm thinking and creativity
- Emotional Benefits
- Satisfies needs for caring nurturing touch
- Fosters a feeling of well-being
- Reduces levels of anxiety
- Creates body awareness
- Increases awareness of mind-body connection

### Mind-Body Medicine

When Mind-Body Medicine - flower essence therapy is combined with Massage Therapy it allows the therapist *to facilitate a personal diagnosis and treatment based on the individual needs of your body and mind.* The flower essences will aid the manual techniques of massage therapy to further assist in the relaxation and rejuvenation of the body and mind.

Flower essences are natural health remedies created mostly from West Australian wildflowers and enjoy a worldwide reputation of being highly effective and very safe to use. They are widely used in hospitals, natural health clinics and as an application in psychology and massage therapy.

### Personal Profile

Anne Marie is married with two children and has been working within the health industry, along with mature-age study for the past 8 years. She enjoys yoga, reading and spending time with my family quietly and recreationally.

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